

## ABSTRACT

A system and method for facilitating compliance and persistency with a regimen, such as a medical regimen. An individual provides the system with contact information which is used by the system to address the issue of forgetfulness as a regimen failure source by providing a self-directed contact facility that facilitates regimen compliance with updates on contact days, time intervals, and channels specified by the individual. The system may also employ a comprehensive reporting apparatus that facilitates the monitoring of the individual's compliance with regimen.